

3-3-1,2

The Way I Feel

Grade Level	Third
Minimum Time Required	30 Minutes
Materials/Resources	Index cards with a different emotion on each card (one for each student) e.g. happy, sad, angry, embarrassed; Advance preparation: Role-play cards;
Subject Area(s)	Guidance

Project Description:

1. Have one student at a time come to the front and draw a card from the deck.
2. Ask students to role-play emotion shown on the card.
3. Have students guess the emotion.
4. Continue until everyone has a chance to role-play an emotion.
5. Discuss how important it is to express feelings in healthy ways.

Career Development Standard	Awareness of the importance of growth and change.
Career Development Indicator	Identify personal feelings. Identify ways to express feelings.
Delivery Level	Introductory
Academic Standards	
Language Arts	3.1.c Describe the influence of non-verbal cues on communication.
Employability/SCANS Skills	Personal Qualities Basic Skills Thinking Skills
Assessment/Rubric	Each student will be able to identify five different feelings.

Submitted by: NCDG Elementary Group